

HOW TO COOK TUNA

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HOW TO COOK TUNA

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Canned tuna is a familiar item in almost every American home and on every groceryman's shelf. It is economical, excellent nutritionally, easy to prepare, and universal in taste appeal.

Several species of fish are marketed as tuna, all of which are equally desirable to the homemaker. On the Pacific coast, the catch includes albacore, bluefin, skipjack, and yellowfin, while bluefin and little tuna are taken on the Atlantic coast. Albacore has lighter meat than the other species and is the only tuna permitted to be labeled as "white meat." The other species are labeled as "light-meat" tuna.

Canned tuna is available in three different styles of pack. The pack does not indicate a quality difference, but refers to the size of the pieces in the can.

FANCY OR SOLID PACK is marketed in 3½-, 7-, and 13-ounce cans. The cans usually contain 3 or 4 large pieces packed in oil. This pack is ideal for cold plates or for recipes where appearance is important. It is the most expensive pack.

CHUNK STYLE is marketed in 3¼-, 6-, 6½-, and 12-ounce cans. This style is mechanically sized to convenient pieces packed in oil. This pack is especially adaptable to salads and other dishes where chunks of tuna are desirable. It is the moderately priced pack.

FLAKE AND GRATED STYLE is marketed in 6- or 11-ounce cans. This style is mechanically sized to smaller pieces than the chunk style and is also packed in oil. It is excellent for canapés or sandwiches where the tuna is blended into a paste. It is generally lower priced than the preceding packs.

A number of specialty packs are also available, such as "tonno," consisting of solid-meat tuna packed in olive oil and about double the amount of salt; a "dietetic," packed in distilled water for people who must avoid salt and fat in their diets; a baby food; a tuna paste; and others.

Practically all the tuna consumed in the United States is marketed in the one-half flat can. The meat in this size can weighs from 6 to 7 ounces, depending on the style of pack.

The inexpensiveness and versatility of canned tuna account for this fish being the most frequently served canned fish in the United States. One or two cans of tuna, used as an extender in casseroles or salads, or on sandwiches, will provide an adequate serving for six people.

The important nutrient found in tuna is an animal protein of superior quality, which is the foundation for building body tissues. There are also some vitamins, particularly those of the vitamin

B complex group, and nutritively essential minerals such as calcium, phosphorus, iron, copper, and iodine.

In addition to the nutritional and economical properties of canned tuna, the ease of preparation interests the homemaker. Here tuna is without a peer, flavorful when served alone, while augmenting and improving the flavor of other foods such as macaroni products, rice, potatoes, and most vegetables. Whether it is a steaming tuna

casserole for winter fare, an appetizing salad for warm days, a nourishing and tempting sandwich for the children's lunch, a "quickie" for Saturday-night supper, or a late snack, canned tuna makes it a simple matter for the homemaker to prepare nutritious and appetizing meals in a minimum of time.

The recipes in this booklet will be helpful in making canned tuna play an even more important role in feeding your family.

TUNA PINEAPPLE DIP

1 can (6½ or 7 ounces) tuna
1 can (9 ounces) crushed pineapple
1 package (8 ounces) cream cheese
3 tablespoons pineapple juice
Dash salt
Dash nutmeg
Potato chips

Drain tuna. Flake. Drain pineapple and save liquid. Soften cheese at room temperature. Combine all ingredients except potato chips; blend into a paste. Chill. Serve in a bowl surrounded by potato chips. Makes about 1 pint of dip.

TUNA CREAM DIP

1 can (6½ or 7 ounces) tuna
1 tablespoon horseradish
1½ teaspoons onion salt
1 teaspoon Worcestershire sauce
1 cup sour cream
2 teaspoons chopped parsley
Potato chips

Drain tuna. Flake. Blend in horseradish, onion salt, and Worcestershire sauce. Fold in sour cream. Chill. Garnish with parsley and serve with potato chips. Makes about 1½ cups of dip.

HOT TUNA MUSHROOM CANAPÉS

1 can (6½ or 7 ounces) tuna
½ cup condensed mushroom soup
1 tablespoon finely chopped pimiento
1 tablespoon finely chopped green pepper
¼ teaspoon salt
Dash paprika
32 round crackers
½ cup grated cheese

Drain tuna. Flake. Add soup, pimiento, green pepper, and seasoning; blend into a paste. Spread on crackers. Sprinkle with cheese. Place on a cookie sheet, 15½ x 12 inches. Broil about 3 inches from source of heat for 5 minutes or until cheese browns. Makes 32 canapés.

TANGY TUNA CANAPÉS

1 can (6½ or 7 ounces) tuna
1 tablespoon finely chopped celery
3 tablespoons mayonnaise or salad dressing
½ cup butter or margarine
3 tablespoons horseradish
32 toast points
Chopped parsley

Drain tuna. Flake. Add celery and mayonnaise; blend into a paste. Combine butter and horseradish. Spread horseradish-butter on toast points. Top with tuna mixture. Garnish with parsley sprinkled over the top. Makes 32 canapés.

MOLDED TUNA SALAD

2 cans (6½ or 7 ounces each) tuna
2 tablespoons unflavored gelatin
½ cup cold water
4 chicken bouillon cubes
1½ cups boiling water
½ cup mayonnaise or salad dressing
3 hard-cooked eggs, chopped
½ cup sliced stuffed olives
¾ cup chopped celery
¾ cup cooked peas
Salad greens
Sliced stuffed olives
Tomato wedges

Drain tuna. Break into large pieces. Soften gelatin in cold water for 5 minutes. Dissolve bouillon cubes in boiling water; add gelatin and stir until dissolved. Chill until almost congealed. Add mayonnaise, eggs, olives, celery, peas, and tuna. Place in a 1½-quart mold; chill until firm. Unmold on salad greens; garnish with olives and tomatoes. Serves 6.

TUNA SOUFFLÉ SALAD

2 cans (6½ or 7 ounces each) tuna
1 package lemon flavored gelatin
1 cup boiling water
½ cup cold water
2 tablespoons vinegar
¼ teaspoon salt
Dash pepper
½ cup mayonnaise or salad dressing
1 tablespoon grated onion
½ cup chopped celery
¼ cup chopped parsley
Salad greens
Mayonnaise or French dressing

Drain tuna. Break into large pieces. Dissolve gelatin in boiling water. Add cold water, vinegar, salt, pepper, and mayonnaise. Blend well with rotary beater. Chill until almost congealed. Whip with rotary beater until fluffy. Fold in onion, celery, parsley, and tuna. Place in a 1-quart ring mold; chill until firm. Unmold on salad greens. Serve with mayonnaise or French dressing. Serves 6.



Molded Tuna Salad

TUNA SALAD

2 cans (6½ or 7 ounces each) tuna
½ cup mayonnaise or salad dressing
1 cup chopped celery
2 tablespoons chopped sweet pickle
2 tablespoons chopped onion
2 hard-cooked eggs, chopped
½ teaspoon salt
Dash pepper
Lettuce
1 hard-cooked egg, sliced

Drain tuna. Break into large pieces. Combine all ingredients except lettuce and egg. Serve on lettuce; garnish with egg slices. Serves 6.

TUNA WALDORF SALAD

2 cans (6½ or 7 ounces each) tuna
1 cup diced apples
½ cup chopped celery
¼ cup chopped nutmeats
½ cup mayonnaise or salad dressing
Lettuce

Drain tuna. Break into large pieces. Combine all ingredients except lettuce. Serve on lettuce. Serves 6.

TOSSED TUNA SALAD

2 cans (6½ or 7 ounces each) tuna
1 clove garlic
1 cup drained bean sprouts
½ cup chopped cucumber
1 cup celery crescents
2 cups chopped raw spinach
¼ cup chopped green onion
½ cup French dressing
Tomato wedges

Drain tuna. Break into large pieces. Rub the inside of a salad bowl with the cut surface of a clove of garlic. Combine all ingredients except tomatoes. Garnish with tomato wedges. Serves 6.

TUNA SLAW

2 cans (6½ or 7 ounces each) tuna
2 cups shredded cabbage
¼ cup chopped green pepper
2 tablespoons grated onion
½ teaspoon salt
Dash pepper
½ cup mayonnaise or salad dressing

Drain tuna. Break into large pieces. Combine all ingredients. Serves 6.



Tuna Waldorf Salad

TUNA SALAD IN PUFF SHELLS

2 cans (6½ or 7 ounces each) tuna
1 cup chopped celery
2 tablespoons chopped sweet pickle or sweet pickle relish
2 tablespoons chopped onion
½ cup mayonnaise or salad dressing
Salt, to taste

Drain tuna. Flake. Combine all ingredients. Cut tops from puff shells. Fill each puff shell with approximately 2 teaspoons salad. Makes approximately 2½ cups salad or fills 60 puff shells.

Puff Shells

½ cup flour
Dash salt
¼ cup butter or margarine
½ cup boiling water
2 eggs

Sift flour and measure. Add salt and sift again. Combine butter and boiling water in saucepan; melt over low heat. Add flour all at one time and stir vigorously until mixture forms a ball and leaves the sides of the pan. Remove from heat. Add unbeaten eggs, one at a time, beating thoroughly after each addition; continue beating until a stiff dough is formed. Drop by teaspoonfuls on well-greased cocky sheets, 15½ x 12 inches. Bake in a very hot oven, 450° F., for 10 minutes; reduce heat to 350° and continue baking about 10 minutes longer. Makes approximately 60 puff shells.

TUNA CHOWDER

1 can (6½ or 7 ounces) tuna
1 cup diced potatoes
1 cup tomato juice
1 medium onion, sliced
½ teaspoon celery seed
1 cup boiling water
3 tablespoons butter or other fat
3 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
3 cups milk
Chopped parsley

Drain tuna. Break into large pieces. Combine potatoes, tomato juice, onion, celery seed, and boiling water. Cook for 15 to 20 minutes or until potatoes are tender. Add tuna. Melt butter; blend in flour and seasonings. Add milk gradually and cook until thick and smooth, stirring constantly. Add to tuna mixture; heat. Garnish with parsley sprinkled over the top. Serves 6.

NEW ENGLAND TUNA CHOWDER

1 can (6½ or 7 ounces) tuna
¼ cup chopped bacon or salt pork
¼ cup chopped onion
1 cup boiling water
1 cup diced potatoes
½ teaspoon salt
Dash pepper
1 quart milk
Chopped parsley

Drain tuna. Break into large pieces. Fry bacon until lightly browned. Add onion and cook until tender. Add boiling water, potatoes, and seasonings. Cook for 15 minutes or until potatoes are tender. Add milk and tuna; heat. Garnish with parsley sprinkled over the top. Serves 6.

TUNA AND CHEESE CHOWDER

1 can (6½ or 7 ounces) tuna
2 chicken bouillon cubes
2 cups boiling water
¼ cup chopped onion
1 cup chopped celery
¼ cup butter or other fat, melted
3 tablespoons flour
3 cups milk
1½ cups grated cheese

Drain tuna. Break into large pieces. Dissolve bouillon cubes in boiling water. Cook onion and celery in butter until tender. Blend in flour. Add milk and bouillon gradually to onion-celery mixture and cook until thick, stirring constantly. Add cheese and tuna; heat until cheese melts, stirring constantly. Serves 6.

TUNA BROCCOLI CREAM SOUP

1 can (6½ or 7 ounces) tuna
1 package (10 ounces) frozen, chopped broccoli
3 tablespoons butter or other fat
2 tablespoons flour
1 teaspoon onion salt
Dash pepper
Dash nutmeg
1 quart milk
⅓ cup broccoli liquid or water

Drain tuna. Break into large pieces. Cook broccoli as directed on package; drain. Save liquid. Melt butter; blend in flour and seasonings. Add milk gradually and cook until thick and smooth, stirring constantly. Add broccoli, liquid, and tuna; heat. Serves 6.

TUNA, CARROT, AND POTATO CHOWDER

1 can (6½ or 7 ounces) tuna
½ cup chopped onion
2 tablespoons butter or other fat, melted
1½ cups boiling water
1 teaspoon salt
1 cup sliced carrots
1 cup diced potatoes
3 cups milk
2 tablespoons chopped parsley
¼ teaspoon paprika

Drain tuna. Break into large pieces. Cook onion in butter until tender. Add boiling water, salt, carrots, and potatoes. Simmer for 25 to 30 minutes or until vegetables are tender. Add milk, parsley, and tuna; heat. Garnish with paprika sprinkled over the top. Serves 6.

TUNA AND GREEN BEANS ON TOAST

2 cans (6½ or 7 ounces each) tuna
1 can (10½ ounces) condensed mushroom soup
¼ cup milk
6 slices buttered toast
1 can (1 pound 4 ounces) green beans, drained
1 cup grated cheese

Drain tuna. Break into large pieces. Combine soup, milk, and tuna; heat. Arrange buttered toast in a baking pan, 13¼ x 8¾ x 1¾ inches. Pour sauce over toast. Cover each slice with green beans and top with cheese. Broil about 3 inches from source of heat for 5 minutes or until cheese melts. Serves 6.

TUNA Á LA KING

2 cans (6½ or 7 ounces each) tuna
¼ cup chopped green pepper
¼ cup butter or other fat, melted
¼ cup flour
1 teaspoon salt
Dash pepper
2 cups milk
¼ cup chopped pimiento
Corn bread, biscuits, or toast

Drain tuna. Break into large pieces. Cook green pepper in butter until tender. Blend in flour, salt, and pepper. Add milk gradually and cook until thick, stirring constantly. Add pimiento and tuna; heat. Serve on corn bread, biscuits, or toast. Serves 6.

TUNA TOMATO RAREBIT

2 cans (6½ or 7 ounces each) tuna
1 can (10½ ounces) condensed tomato soup
1 cup grated cheese
½ teaspoon prepared mustard
¼ cup coffee cream
Toast cups, patty shells, or toast

Drain tuna. Break into large pieces. Combine all ingredients in a saucepan or chafing dish and heat to the boiling point, stirring constantly. Serve in toast cups, patty shells, or on toast. Serves 6.



Tuna á la King

TUNA AND RICE

2 cans (6½ or 7 ounces each) tuna
2 tablespoons chopped onion
2 tablespoons butter or other fat, melted
2 tablespoons flour
1½ cups milk
¾ cup grated cheese
3 cups cooked rice
Cheese sauce
Paprika
Chopped parsley

Drain tuna. Break into large pieces. Cook onion in butter until tender. Blend in flour. Add milk gradually and cook until thick, stirring constantly. Add cheese and heat until cheese melts. Stir in tuna; heat. Serve over rice. Top with cheese sauce. Garnish with paprika and parsley sprinkled over the top. Serves 6.

Cheese Sauce

2 cups grated cheese
⅓ cup milk
6 drops tabasco
¼ teaspoon prepared mustard

Melt cheese over hot water. Add milk gradually, stirring constantly until sauce is smooth. Add tabasco and mustard; blend well. Serves 6.

TUNA AND NOODLES CALIFORNIA STYLE

2 cans (6½ or 7 ounces each) tuna
1 package (8 ounces) noodles
2 tablespoons butter or other fat
2 tablespoons flour
½ teaspoon salt
Dash pepper
1½ cups milk
2 teaspoons grated orange rind
½ teaspoon grated lemon rind
2 tablespoons orange juice
Orange segments
Parsley sprigs

Drain tuna. Break into large pieces. Cook noodles as directed on package; drain. Melt butter; blend in flour and seasonings. Add milk gradually and cook until thick and smooth, stirring constantly. Add orange and lemon rind, orange juice, noodles, and tuna; heat. Garnish with orange segments and parsley sprigs. Serves 6.

TUNA JAMBALAYA

2 cans (6½ or 7 ounces each) tuna
1 cup chopped celery
½ cup chopped onion
½ cup chopped green pepper
2 cloves garlic, finely chopped
¼ cup butter or other fat, melted
2 chicken bouillon cubes
1½ cups boiling water
¾ cup uncooked rice
1 can (1 pound 4 ounces) tomatoes
¼ teaspoon salt
1 whole bay leaf
½ teaspoon crushed thyme
Dash cayenne pepper
¼ cup chopped parsley

Drain tuna. Break into large pieces. Cook celery, onion, green pepper, and garlic in butter until tender. Dissolve bouillon cubes in boiling water. To the vegetable mixture add rice, tomatoes, salt, bay leaf, thyme, cayenne pepper, and bouillon. Simmer for 25 to 30 minutes, or until rice is tender, stirring occasionally. Add parsley and tuna; heat. Serves 6.

TUNA À LA STROGANOFF

2 cans (6½ or 7 ounces each) tuna
1 chicken bouillon cube
1 cup boiling water
½ cup chopped onion
1 can (8 ounces) mushroom stems and pieces, drained
¼ cup butter or other fat, melted
2 tablespoons flour
¼ teaspoon Worcestershire sauce
2 tablespoons catsup
Dash pepper
½ cup sour cream
2 cups cooked rice

Drain tuna. Break into large pieces. Dissolve bouillon cube in boiling water. Cook onion and mushrooms in butter until tender. Blend in flour and brown. Add bouillon gradually and cook until thick, stirring constantly. Add remaining ingredients, except rice; heat. Serve over rice. Serves 6.

TUNA FOO YUNG

1 can (6½ or 7 ounces) tuna
1 chicken bouillon cube
1 cup boiling water
½ cup chopped onion
1 cup diced celery
¼ cup butter or other fat, melted
1 can (16 ounces) bean sprouts, drained
6 eggs, beaten
½ teaspoon salt
Dash pepper
1 tablespoon cornstarch
1 tablespoon soy sauce
1 tablespoon toasted sesame seeds (optional)

Drain tuna. Break into large pieces. Dissolve bouillon cube in boiling water. Cool. Cook onion and celery in butter until tender. Add bean sprouts, eggs, salt, pepper, and tuna. Shape into 12 cakes. Place cakes in a heavy frying pan which contains about ⅛ inch of fat, hot but not smoking. Fry at moderate heat. When cakes are brown on one side, turn carefully and brown the other side. Cooking time approximately 3 to 5 minutes. Drain on absorbent paper. Keep warm. Remove excess fat from pan. Combine cornstarch, soy sauce, and bouillon to make a thin paste. Pour into pan and cook until thick and smooth, stirring constantly. Pour over cakes. Garnish with sesame seeds sprinkled over the top. Serves 6.

TUNA AND EGG SCRAMBLE

1 can (6½ or 7 ounces) tuna
½ cup chopped onion
3 tablespoons butter or other fat, melted
7 eggs, beaten
⅓ cup milk
1 tablespoon lemon juice
1 teaspoon Worcestershire sauce
½ teaspoon salt
Dash cayenne pepper
Toast points
Chopped parsley

Drain tuna. Break into large pieces. Cook onion in butter until tender. Combine eggs, milk, lemon juice, Worcestershire sauce, salt, cayenne pepper, and tuna. Add to onion mixture and cook until eggs are firm, stirring occasionally. Serve on toast points. Garnish with parsley sprinkled over the top. Serves 6.

TUNA POTATO SCALLOP

2 cans (6½ or 7 ounces each) tuna
3 tablespoons butter or other fat
3 tablespoons flour
½ teaspoon salt
Dash pepper
2 cups milk
1 quart cooked sliced potatoes
½ cup mayonnaise or salad dressing
½ cup grated cheese
1 teaspoon Worcestershire sauce
1 teaspoon prepared mustard
Dash paprika

Drain tuna. Break into large pieces. Melt butter; blend in flour and seasonings. Add milk gradually and cook until thick and smooth, stirring constantly. Add tuna. Arrange potatoes and tuna mixture in alternate layers in a well-greased baking pan, 11 x 7 x 1½ inches. Combine remaining ingredients and spread over the top. Bake in a moderate oven, 350° F., for 30 minutes. Serves 6.

TUNA-STUFFED BAKED POTATOES

2 cans (6½ or 7 ounces each) tuna
6 medium baking potatoes
1 tablespoon butter or margarine
1½ teaspoons salt
Dash pepper
1½ tablespoons grated onion
½ cup chopped parsley
¾ to 1 cup hot milk
¾ cup grated cheese

Drain tuna. Flake. Bake potatoes in a hot oven, 425° F., for 45 to 60 minutes or until soft. Cut a slice off the top of each potato; scoop out insides. Mash potatoes. Add butter, seasonings, and hot milk; blend well. Mix in tuna. Stuff shells with the tuna-potato mixture. Sprinkle cheese over the top of each potato. Bake in a hot oven, 400° F., for 25 to 30 minutes. Serves 6.

DEVILED TUNA CASSEROLE

2 cans (6½ or 7 ounces each) tuna
1 tablespoon grated onion
1 tablespoon lemon juice
2 tablespoons chopped parsley
½ teaspoon garlic salt
¼ cup butter or other fat
¼ cup flour
½ teaspoon salt
Dash cayenne pepper
2 cups milk
1 cup soft bread cubes
½ cup crushed potato chips

Drain tuna. Break into large pieces. Add onion, lemon juice, parsley, and garlic salt. Melt butter; blend in flour and seasonings. Add milk gradually and cook until thick and smooth, stirring constantly. Fold in bread cubes and tuna mixture. Place in a well-greased, 1-quart casserole. Cover with potato chips. Bake in a hot oven, 400° F., for 15 to 20 minutes. Serves 6.

TUNA CASSEROLE WITH TOASTED ALMOND SAUCE

2 cans (6½ or 7 ounces each) tuna
2 packages (10 ounces each) frozen asparagus
½ cup chopped blanched almonds
¼ cup butter or other fat, melted
¼ cup flour
½ teaspoon salt
Dash pepper
Dash nutmeg
2 cups milk
1 tablespoon sherry (optional)
Paprika

Drain tuna. Break into large pieces. Cook asparagus as directed on package; drain. Arrange asparagus in a well-greased baking pan, 11 x 7 x 1½ inches. Cover with tuna. Fry almonds in butter until lightly browned. Blend in flour and seasonings. Add milk gradually and cook until thick, stirring constantly. Add sherry. Pour over tuna and asparagus. Sprinkle with paprika. Bake in a moderate oven, 350° F., for 25 to 30 minutes. Serves 6.

TUNA AND CORN CASSEROLE

2 cans (6½ or 7 ounces each) tuna
½ cup chopped onion
¼ cup chopped green pepper
¼ cup butter or other fat, melted
1 package (8 ounces) macaroni
1 can (1 pound 4 ounces) cream-style corn
¾ cup milk
¾ teaspoon salt
Dash pepper
Paprika

Drain tuna. Break into large pieces. Cook onion and green pepper in butter until tender. Cook macaroni as directed on package; drain. Combine all ingredients except paprika. Place in a well-greased, 2-quart casserole. Sprinkle with paprika. Bake in a moderate oven, 350° F., for 50 minutes. Serves 6.

TUNA AND KIDNEY BEAN CASSEROLE

2 cans (6½ or 7 ounces each) tuna
1 can (1 pound 4 ounces) kidney beans, drained
1 cup grated cheese
1 can (10½ ounces) condensed celery soup
2 tablespoons butter or other fat, melted
½ cup dry bread crumbs

Drain tuna. Break into large pieces. Combine all ingredients except butter and crumbs. Place in a well-greased baking pan, 8 x 8 x 2 inches. Combine butter and crumbs; sprinkle over the top. Bake in a moderate oven, 350° F., for 25 to 35 minutes or until brown. Serves 6.

TUNA TURNOVERS

1 can (6½ or 7 ounces) tuna
⅓ cup chopped salted peanuts
½ cup condensed celery soup
1 tablespoon grated onion
1 teaspoon lemon juice
1 cup pastry mix

Drain tuna. Flake. Combine all ingredients except pastry mix. Prepare pastry mix as directed. Roll very thin and cut into 6 circles, 5 inches each. Place ¼ cup of filling in center of each circle. Moisten edges with cold water; fold over and press edges together with a fork. Prick tops. Place on a cookie sheet, 15 1/2 x 12 inches. Bake in a very hot oven, 450 degrees F., for 15 to 20 minutes or until brown. Serves 6.

TUNA AND CHEESE BISCUIT ROLL

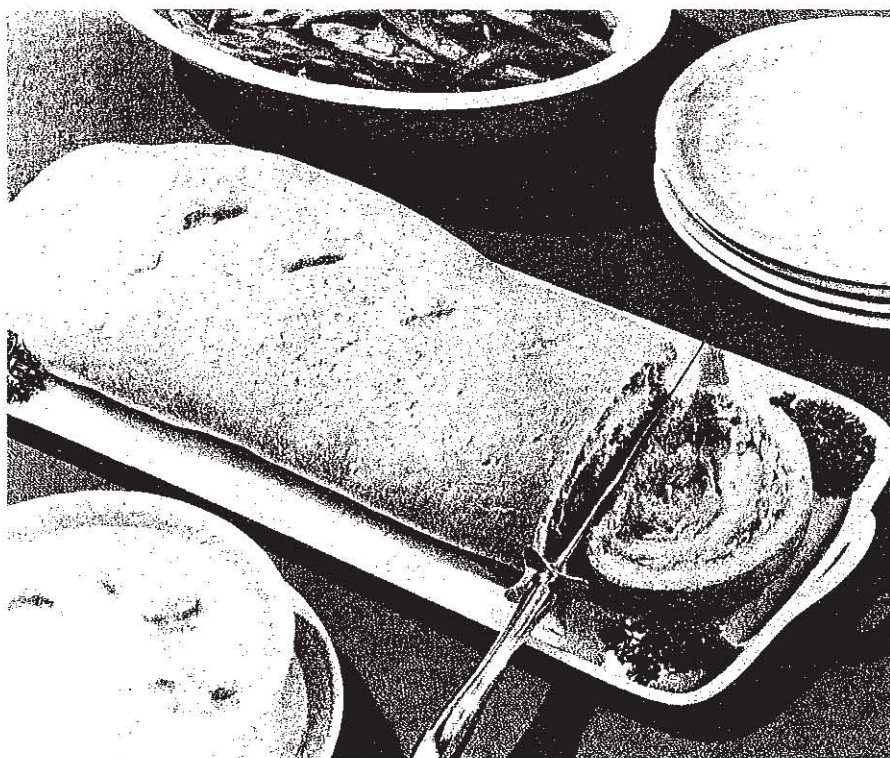
2 cans (6½ or 7 ounces each) tuna
2 tablespoons chopped onion
2 tablespoons butter or other fat, melted
2 tablespoons flour
½ cup milk
¾ cup grated cheese
2 cups biscuit mix

Drain tuna. Flake. Cook onion in butter until tender. Blend in flour. Add milk gradually and cook until thick, stirring constantly. Add cheese and heat until cheese melts. Stir in tuna. Prepare biscuit mix as directed. Roll into a rectangle about 12 x 8 x ⅛ inch. Spread with tuna mixture. Roll like a jelly roll and seal ends and edge. Cut top in three places to let steam escape. Place on a well-greased cookie sheet, 15½ x 12 inches. Bake in hot oven, 400° F., for 20 to 25 minutes or until brown. Serves 6.

TUNA POT PIE

2 cans (6½ or 7 ounces each) tuna
1 cup cooked diced carrots
1 cup cooked peas
1 can (10½ ounces) condensed chicken soup
½ cup water
1 cup biscuit mix

Drain tuna. Break into large pieces. Combine carrots, peas, and tuna. Place in a well-greased, 1½-quart casserole. Combine soup and water, stirring until smooth; heat. Pour over tuna mixture. Prepare biscuit mix as directed. Drop by teaspoonfuls on top of the tuna mixture. Bake in a very hot oven, 450° F., for 30 minutes or until brown. Serves 6.



Tuna and Cheese Biscuit Roll

TUNA SOUFFLE

1 can (6½ or 7 ounces) tuna
¼ cup butter or other fat
¼ cup flour
½ teaspoon salt
Dash pepper
1 cup milk
1 teaspoon Worcestershire sauce
½ cup grated cheese
6 egg yolks, beaten
6 egg whites, beaten

Drain tuna. Flake. Melt butter; blend in flour and seasonings. Add milk gradually and cook until thick and smooth, stirring constantly. Add Worcestershire sauce, cheese, and tuna; continue heating until cheese melts. Stir a little of the hot sauce into egg yolk; add to remaining sauce, stirring constantly. Fold into egg white. Pour into a well-greased, 2-quart casserole. Bake in a moderate oven, 350° F., for 45 minutes or until soufflé is firm in the center. Serves 6.

TUNA PIE

2 cans (6½ or 7 ounces each) tuna
1 cup chopped celery
½ cup chopped onion
¼ cup chopped green pepper
¼ cup butter or other fat, melted
¼ cup catsup
2 tablespoons water
1 tablespoon Worcestershire sauce
1 teaspoon prepared mustard
¼ teaspoon garlic salt
¼ whole bay leaf, crushed
3 cups biscuit mix

Drain tuna. Break into large pieces. Cook celery, onion, and green pepper in butter until tender. Add catsup, water, Worcestershire sauce, mustard, garlic salt, and bay leaf to vegetable mixture. Prepare biscuit mix as directed. Roll a little more than half of dough to fit a baking pan, 8 x 8 x 2 inches. Fill with tuna mixture. Roll remaining dough to fit the top. Moisten edge of lower crust. Place top crust over tuna mixture. Seal edge and cut top. Bake in a hot oven, 425° F., for 20 minutes or until brown. Serves 6.

TUNA CRUMB PIE

2 cans (6½ or 7 ounces each) tuna
1 quart soft bread cubes
3 eggs, beaten
1 teaspoon Worcestershire sauce
½ teaspoon salt
1 tablespoon grated onion
1 teaspoon prepared mustard
Dash pepper
1½ cups milk
½ cup grated cheese
Paprika

Drain tuna. Break into large pieces. Combine with bread cubes. Place in a well-greased, 9-inch pie pan. Combine eggs, seasonings, and milk. Pour over tuna mixture. Sprinkle cheese and paprika over pie. Bake in a moderate oven, 350° F., for 45 minutes or until pie is firm in the center. Serves 6.

TUNA AND NOODLES ITALIAN STYLE

2 cans (6½ or 7 ounces each) tuna
¾ cup chopped onion
½ cup chopped celery
1 clove garlic, finely chopped
¼ cup butter or other fat, melted
1 can (1 pound 13 ounces) tomatoes
½ cup water
1 can (6 ounces) tomato paste
1 tablespoon sugar
1½ teaspoons salt
Dash pepper
½ teaspoon whole oregano
1 teaspoon crushed sweet basil
1 whole bay leaf, crushed
1 package (8 ounces) noodles
2 cups grated cheese

Drain tuna. Break into large pieces. Cook onion, celery, and garlic in butter until tender. Add the next 9 ingredients and simmer for 1 hour. Add tuna and simmer for 5 minutes. Cook noodles as directed on package; drain. Arrange the noodles, tuna sauce, and cheese in alternate layers in a well-greased baking pan, 11 x 7 x 1½ inches. Bake in a moderate oven, 350° F., for 35 to 40 minutes. Serves 6.

TUNA PIZZA

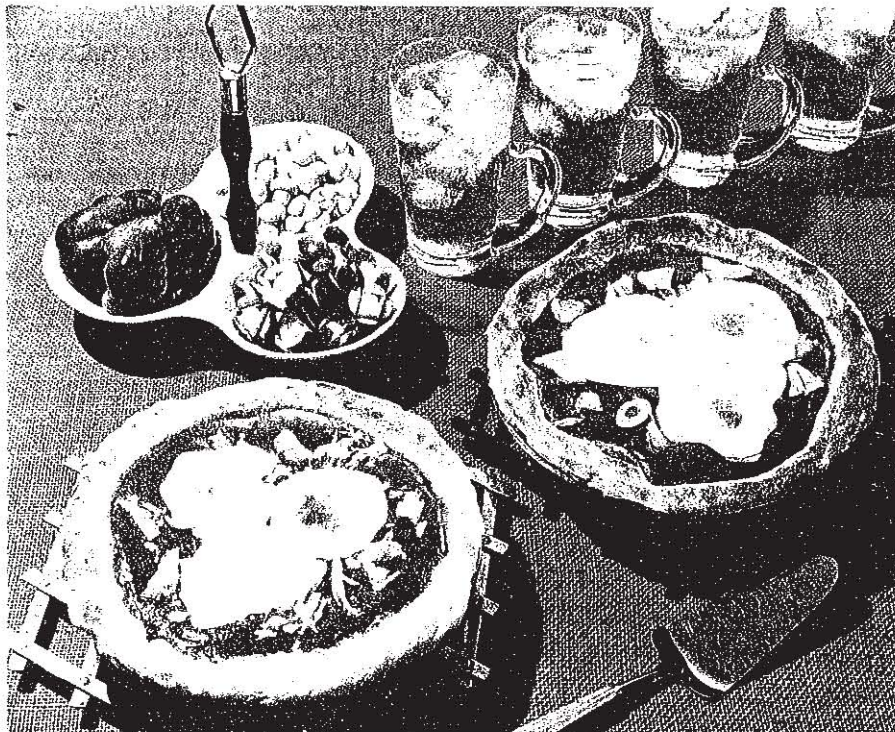
2 cans (6½ or 7 ounces each) tuna
½ cup chopped onion
3 tablespoons olive or salad oil
1 can (8 ounces) tomato sauce
1 can (6 ounces) tomato paste
1 teaspoon whole oregano
½ teaspoon salt
Dash pepper
2 unbaked pizza crusts (9 inches each)
½ cup sliced stuffed olives
½ pound mozzarella cheese, sliced thin

Drain tuna. Break into large pieces. Cook onion in olive oil until tender. Add tomato sauce, tomato paste, and seasonings. Simmer for 10 minutes. Place pizza crusts on well-greased cooky sheets, 15½ x 12 inches. Cover each crust with half of the sauce, tuna, olives, and cheese. Bake in a hot oven, 425° F., for 20 minutes or until crust browns and cheese melts. Makes 2 pies. Serves 6.

TOASTED TUNA FRENCH LOAF

1 can (6½ or 7 ounces) tuna
¼ cup butter or margarine
1 teaspoon prepared mustard
1 loaf (8 ounces) French bread
1 tablespoon grated onion
1 teaspoon prepared mustard
1 cup grated cheese
2 tablespoons chopped sweet pickle or sweet pickle relish

Drain tuna. Flake. Cream butter and blend in mustard. Cut bread in half lengthwise and remove a small amount of the center. Spread bread with mustard-butter. Combine remaining ingredients. Fill bread with the tuna mixture. Cut loaf into 12 slices and wrap in aluminum foil. Bake in a very hot oven, 450° F., for 30 minutes. Serves 6.



Tuna Pizza

HOT TUNA AND CHEESE SANDWICHES

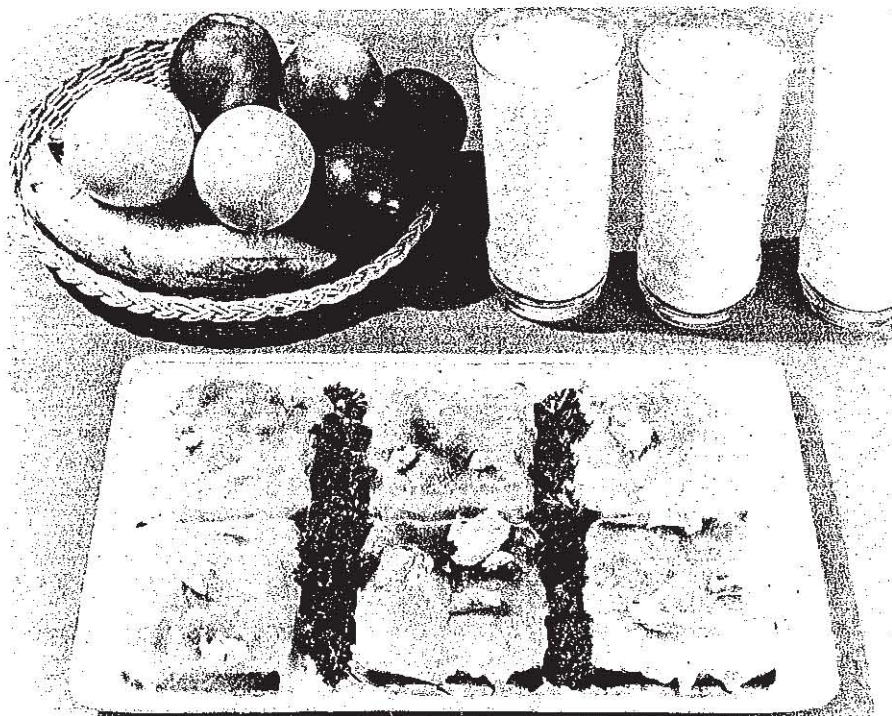
1 can (6½ or 7 ounces) tuna
¼ cup butter or margarine
1 teaspoon prepared mustard
6 slices bread
1 tablespoon chopped onion
½ cup chopped celery
1 tablespoon chopped sweet pickle or sweet pickle relish
¼ cup mayonnaise or salad dressing
6 slices cheese
Paprika
Parsley sprigs

Drain tuna. Flake. Cream butter and blend in mustard. Spread bread with mustard-butter. Combine onion, celery, pickle, mayonnaise, and tuna. Spread bread with tuna mixture and cover with cheese. Sprinkle with paprika. Place sandwiches on a cooky sheet, 15½ x 12 inches. Bake in a very hot oven, 450° F., for 10 to 12 minutes or until cheese melts and bread toasts. Garnish with parsley. Serves 6.

FROSTED TUNA SANDWICH LOAF

1 can (6½ or 7 ounces) tuna
⅓ cup mayonnaise or salad dressing
1 loaf (1 pound) unsliced white bread
½ cup butter or margarine
3 tablespoons mayonnaise or salad dressing
2 tomatoes, peeled and sliced
1 jar (5 ounces) pimiento cheese spread
2 tablespoons milk
¼ teaspoon salt
1 package (8 ounces) cream cheese
Sliced stuffed olives
Tomato wedges
Parsley sprigs

Drain tuna. Flake. Add mayonnaise; blend. Remove crusts from bread. Cut bread lengthwise into 4 even slices. Spread all inside slices with butter. Spread tuna mixture on the top of the first slice. Cover with the second slice, spread with mayonnaise, and top with a layer of tomatoes. Cover with the third slice and spread with pimiento cheese. Cover with the top slice. Combine milk, salt, and cream cheese. Whip until light and fluffy. Spread over the entire loaf. Chill for at least 2 hours. Garnish with olives, tomatoes, and parsley. Serves 6.



Hot Tuna and Cheese Sandwiches

The following publications on fish cookery published by the Fish and Wildlife Service, U.S. Department of the Interior, may be obtained from the Superintendent of Documents, Government Printing Office, Washington, D.C., 20402, at the prices indicated. A 25-percent discount is given on orders of 100 or more of any one publication sent to one address.

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CIRCULAR SERIES

- No. 41—*Shrimp Tips From New Orleans*. Price 25 cents.
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